

LYNN COUNCIL ON AGING SENIOR CENTER



November 2013

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

In honor of all American veterans of all wars and times of peace - on the 11th hour of the 11th day of the 11th month, we would like to thank you for your service, heroism and courage. Our armed forces are the most respected in the world because of you. In the words of Michel de Montaigne, "Valor is stability, not of legs and arms, but of courage and the soul." Let us... Remember the sacrifices of the Veterans families. Remember the Veterans who are only here in spirit. Remember our returning Veterans whose lives have been changed forever and still struggle today. Remember the service men and women who are currently serving. Remember our Veterans advocates who dedicate endless hours in helping our Veterans. Remember our volunteers who donate their time and friendship to help. Remember our leaders who fight to support the funding of the Veterans Administration. Remember to appreciate the freedom a Veteran protected for you by defending and honoring our great country, the United States of America.

~Stacey Minchello

From Your Mayor

It has been a beautiful fall and I hope you have had the opportunity to enjoy both the weather and the foliage. This is a very busy time of year for all of us, but I urge you to take advantage of some of the upcoming events taking place throughout the city.

The Lynn Memorial Auditorium will be hosting several entertaining concerts over the next few weeks. The Tedeschi Trucks Band, a blues rock group based in Jacksonville, will perform on Saturday, Nov. 23. Celtic Woman will come to the stage Dec. 9 for a special holiday show. For show times, ticket prices and to purchase tickets, visit the Auditorium Box Office at 3 City Hall Square or call the ticket booth at 781-581-2971.

For those of you interested in appraising your art work, coins, jewelry and other potential valuables, the Lynn Museum Antique Appraisal Night will take place Saturday, Nov. 2, from 6-9 p.m. Several locally acclaimed antique dealers will offer a verbal opinion of value of your items as you enjoy drinks, hors d'oeuvres and music. The cost is \$25 for verbal appraisal of one item, \$10 for each additional item. Attendees will also be able to enjoy the museum's special Smithsonian exhibit "The Way We Worked," which is touring Massachusetts in collaboration with Historic New England. It is funded by a grant from the Lynn Cultural Council.


To celebrate Veterans Day on Nov. 11 and to honor all who have served, we will be hosting a ceremony in the Lynn Auditorium at 11 a.m. All are welcome to attend. Please Contact the Lynn Department of Veterans Services at 781-598-4000 with any questions. The Lynn Museum will also be hosting a free holiday open house that day from 10 a.m. to 2 p.m.

Regardless of your affiliation, I encourage each of you to exercise your right to vote on Nov. 5. I know our seniors traditionally take this right more seriously than most and vote in greater numbers than virtually all other segments of the population. You are to be congratulated for that.

Best wishes for a happy, healthy and blessed Thanksgiving with friends and family.
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Vice-President
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Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

Volunteer Driver Position Open:

If you're looking for something fun to do, want to get out and about? Spend some time with us?

The Lynn Council on Aging Senior Center is currently seeking volunteer driver to drive a ten to twelve passenger bus of seniors to local activities. Must have a current driver's license, clean driving record, and positive CORI. This position entails a free safety training course, orientation and training. Call Kristi @ 781-586-8618 for an interview.

NOVEMBER HAPPENINGS

Tues, Nov 5th	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Tues, Nov 5th	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Nov 6th	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 1:00 p.m.
Tues, Nov 5th	Omelet Breakfast	8 am – 9 am
	\$2 per senior	Veterans - Free
Weds, NOV 6th	FLU CLINIC- sponsored by Walgreen's Pharmacy	
	9 am – 11 am	Bring insurance card
Thus, Nov 7th	Lunch Trip: Fuddrucker's	\$2 11:00 a.m. – 1:30 p.m.
Mon, Nov 11 th	Veterans Day	CENTER IS CLOSED
Tues, Nov 12 th	Blood Sugar AND Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
	"Lucy Booth" Open! Nurse available for your questions. Large Activity Room	
Tues, Nov 12th	Holiday Card Photo Shoot	9 am
	Come dressed in Holiday attire for the annual greeting card!	
Tues, Nov 12 th	Lunch Trip: Old Country Buffet	\$2 10:30 pm - 2:15pm
Tues, Nov 12th	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Nov 13th	Women's Group Animal Shelter Trip and Lunch	10:30 a.m.
Thurs, Nov 14th	Field Trip: Market Street Mall, Lynnfield	10:00 a.m. – 1:30 p.m.
Fri, Nov 15th	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
Fri, Nov 15th	Lunch Trip: Monte's	10:45 a.m.- 12:45 p.m. Back for Bingo
Tues, Nov 19th	Casino Trip: FOXWOODS 7:00 a.m. – 6:30 p.m.	
	\$25 prepaid reservation Bus leaves promptly at 7 am Need 40 people by Nov 12 th	
	Sign up early-last run of the year!	
Tues, Nov 19 th	Senior Center Gamers Group!	2 p.m. -3 p.m.
WEDS, NOV 20th	DANCE CALIENTE!	Free Show with dance lessons! 1pm
	<i>Partially funded by the Lynn Cultural Council</i>	
Thurs, Nov 21 st	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thurs, Nov 21st	PULL A POP \$1	12pm -1 pm
	\$1 chance to pull a lollipop, if you get a colored stem, win a gift card! Sponsored by the FRIENDS of LCOA- all proceeds support the Lynn Senior Center	
Mon, Nov 25th	Senior T pass trip to Boston	\$2 9:30 a.m. – 1:30 p.m.
Tues, Nov 26th	Hearing Clinic	9:00 a.m. – 11:00 a.m.
Tues, Nov 26th	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Nov 27th	Lynn Council on Aging Board of Director's Meeting	1:30 pm
Thurs, Nov 27th	FRIENDS OF LCOA meeting	No meeting

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NOVEMBER 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE WITHOUT NOTICE				1 Meatloaf/brown gravy Cheddar whipped potato Beets WW bread Fresh fruit ALTERNATIVE Tofu and vegetable stirfry
4 Turkey/creole sauce Plantains Green beans WW bread Fresh fruit ALTERNATIVE Tripe stew	5 American chop suey Garden salad/dressing Italian bread Apple cinnamon muffin ALTERNATIVE Cod filet	6 Grilled Italian pork sausage Brown rice/black beans Sauteed peppers & onions WW bread Fresh fruit ALTERNATIVE Turkey/creole sauce	7 Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Latin style pork	8 Baked fish/dill sauce Yellow rice Italian blend veg. WW bread Fresh fruit ALTERNATIVE Stewed beef/yellow rice
11 HOLIDAY	12 Jerk chicken Mashed sweet potatoes Garden salad/dr. WW bread Applesauce ALTERNATIVE Crispy baked fish	13 Chicken parmesan Penne pasta Broccoli WW bread Pudding ALTERNATIVE Caribbean beef	14 Lemon pepper pork Black eye peas & rice Garden salad/dr. Rye bread Cookie ALTERNATIVE Mediterranean hummus wrap	15 Rosemary chicken Roast potato Spinach WW bread Fresh fruit ALTERNATIVE Oxtail/sauce
18 Baked fish/diced tomatoes Rice & black beans Italian blend veg. Rye bread Cookie ALTERNATIVE BBQ meatballs	19 Boeuf bourguignon Corn Garden salad/dr. WW bread Pudding ALTERNATIVE Caribbean chicken	20 Stuffed shells/marinara sauce Peas & pearl onions WW bread Fresh fruit ALTERNATIVE Latin pork	21 THANKSGIVING SPECIAL Roast turkey/gravy Whipped potato Carrots Thanksgiving dessert	22 Roasted pork/gravy Sour dill potatoes California blend veg. WW bread Fresh fruit ALTERNATIVE WW pizza
25 Chicken & broccoli alfredo Penne pasta Carrots Italian bread Pudding ALTERNATIVE Crispy baked fish	26 Southern style cod fillet Mashed potatoes Garden salad/dr. WW bread Fresh fruit ALTERNATIVE Roast beef/gravy	27 Meatball stroganoff Egg noodles Mixed vegetables WW bread Fresh fruit ALTERNATIVE Bbq pulled pork	28 HAPPY THANKSGIVING	29 Cheese tortellini/meat sauce Italian blend veg. Italian bread Fresh fruit ALTERNATIVE Tripe stew

ALL MEALS SERVED W/ BREAD AND 1% MILK

Requested Donation is \$2.00 per meal

SENIOR CENTER ACTIVITIES • NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: INTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-1:30 ESL CLASS	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
12:30-1:30 COMPUTER TUTORING (SPANISH)	12:30-2:30 CRIBBAGE	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	1:00-2:45 BINGO (NEW TIME)
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	12:30 – 1:30 EXERCISE (SPANISH)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
	2:00-3:00 GAMERS GROUP	1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Cathy Osmer in admissions for more information.



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ADAPTIVE HOMES

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$25

7 am - 6:30 pm
Nov 19th

Mohegan Sun \$25

Thursday, March 20, 2014



Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.
Sign up in person at the senior center. OR
Mail in your registration and check.

Bonus package:

*\$10 food coupon for retail food vendors
or free buffet*

*Plus \$5 bonus slot play added to your
rewards card on the bus before entering casino.
Remember to bring your rewards card!*



Casino Trips from Revere

Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.
Nov 12th & 26th
Dec 10th & 17th

Twin River \$23

10:00 a.m. - 8:10 p.m.
Nov 7th & 21st
Dec 5th & 19th

Casino Trips from **REVERE!**
**Now Express!! Straight run-
no stops!**

**Call Elaine at 781-289-
6144 for reservation, questions,
and pick up location/parking.**

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Nov 6	Secret Garden	G	1993	101 min
Nov 13	The Great Gatsby	PG-13	2013	143 min
	12:30 PM start time			
Nov 20	(No Movie)	1pm Dance Caliente in Center		
Nov 27	Uncle Buck	PG	1989	100 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE

New Computer Instructors!

Welcome Linda Fera and Maryellen Riley!

Linda and Maryellen bring patience and computer teaching experience to our center. Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are now scheduled for **Fridays**. Each series is five weeks long and costs \$50. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1

(Five Week Course)

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

Next class: Oct 25th, Nov 1st, Nov 8th, Nov 15th, Nov 22nd

Introduction to Computers & Windows 7, Class #2

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth.

11:15 a.m. – 12:15 p.m.

Next class: Oct 25th, Nov 1st, Nov 8th, Nov 15th, Nov 22nd

SHINE Counseling Appointments Available

Call 781-599-0110

Don't put it off. Open enrollment ends Dec 7th

Gather your list of doctors and meds and make an appointment today.

Phone Bingo- Two Tuesdays per month!

Call 978-777-3740 x226 for more info or to register to participate. Homebound MA residents only, please.

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Wellness Watch November 2013

Preventing the Flu: Key Facts and Good Health Habits

Influenza (also called the Flu) is a contagious respiratory illness that infects the nose, throat and lungs. It can cause mild to severe illness, and at times can lead to death. The flu season in the United States has already started. Flu season runs from early September through late March. People of any age can get the Flu. The best way to prevent the Flu is to get a Flu shot every year. Flu vaccine can be given any time during Flu season but it is best to get it early.

Signs and symptoms of Flu vary. People who have Flu often feel fever, chills, muscle aches, headache, and fatigue. This can be accompanied by runny nose, sore throat and cough. Certain people are at greater risk for complications if they get the Flu. Older people, younger people, pregnant women and people with chronic illnesses are higher risk for serious complications such as pneumonia and dehydration.

Unless your doctor has told you otherwise, the best way to prevent the Flu is to receive Flu vaccine every year. Good health habits can also help stop the spread of Flu. Avoid close contact with people who are ill. When you are sick, stay home. Cover your cough or sneeze. Wash your hands. Clean your hands frequently. Wash with warm soapy water or use hand sanitizer. Avoid touching your nose, mouth, and eyes. These actions help prevent the spread of germs.

Taking a few precautions while leading a healthy lifestyle will reduce your risk of getting the Flu. Remember, get plenty of sleep, stay active, manage your stress, drink plenty of fluid and eat nutritious meals.

WALGREENS Flu Clinic at the SENIOR CENTER

WEDS, NOV 6th

9 am – 11 am

Walgreen's is coming to the Senior Center to host a flu clinic. Bring your insurance card.

Wish List

Please consider donating...

Postage Stamps

Get Well Cards

AA & AAA batteries

Pens

Copy paper

Lynn COA Women's Group Event

The **Women's Group** is sponsoring the **Northeast Animal Shelter**.

Donations of the following are welcome and may be dropped off at GLSS,
8 Silsbee Street, M-F, 8am – 4pm

- Canned Cat and dog food (no salmon for cats, please)
- Dry food- puppy, dog, kitten, cat
- Baby food-all meat
- Canned chicken
- Clay litter
- Paper towels, tissues, pads
- Trash bags, blankets, cloths
- Laundry detergent, bleach, dish soap,
- Office supplies
- Chew toys, squeaky toys, scratch posts and beds

Thank you for supporting the Women's Group's efforts in showing kindness and compassion for animals cared for at the Northeast Animal Shelter.

American Holidays

P Y S T P A T R I C K S D A Y
 Y R G N I V I G S K N A H T O
 M A E Y A D S U B M U L O C C
 A B D S V E T E R A N S D A Y
 D Z G S I F A T H E R S D A Y
 F M Z F E D S A M T S I R H C
 Y A D S T N E R A P D N A R G
 A X K T W Y I N W B F H S C Q
 R V B E G Y M T T Q V N Y A T
 H A L L O W E E N S T P G P X
 S R A E Y W E N L E D C J Z I
 Y A D S R E H T O M L A I Y K
 S G R O U N D H O G D A Y I R
 F O U R T H O F J U L Y V G H
 Q G Y A D S L O O F L I R P A

APRIL FOOLS DAY

CHRISTMAS

COLUMBUS DAY

FATHER'S DAY

FOURTH OF JULY

GRANDPARENT'S DAY

GROUNDHOG DAY

HALLOWEEN

MOTHER'S DAY

NEW YEAR'S

PRESIDENT'S DAY

ST. PATRICK'S DAY

THANKSGIVING

VALENTINE'S DAY

VETERAN'S DAY



Lynn Senior Center Trips 2013

We apologize... The White Mountains Christmas Tour has been canceled due to lack of reservations.

ANNUAL PULL A POP!!

Thursday, NOVEMBER 21st

12 noon

\$1 per chance

Pull a pop, if stem is colored- win a gift card!

~Sponsored by the FRIENDS of the Lynn Council on Aging

ALL Proceeds benefit the Lynn Senior Center!!

Thank you to Candi DiChiara for volunteering to solicit to local businesses for all the gift cards. Donors/businesses will be listed in the December newsletter.

ANNUAL HOLIDAY PARTY

MARK YOUR CALENDARS!!!

Happy Hanukkah! Merry Christmas! Happy Kwanza!

WEDS, DECEMBER 11th, 2013

Tickets \$4

Entertainment by Jim Moses Catered by Affairs Catering

Purchase your ticket in person on Friday, November 22nd

Starting at 9 am

Registered participants only, limited seating. First come- First Serve.

This event is generously sponsored by the FRIENDS of Lynn Council on Aging.

Strengthening Assistance to Emergency Aid to the Elderly, Disabled, and Children (EAEDC) Campaign

Are you or someone you know currently receiving the Massachusetts state-funded public assistance resource, Emergency Aid to the Elderly, Disabled and Children (EAEDC)? This program provides cash assistance to adults 65 years of age or older who are in the process of applying for Social Security Income (SSI) benefits or who have been denied SSI support. Additionally, EAEDC aids individuals with disabilities with an impairment or combination of impairments that is expected to last at least 60 days, individuals participating in the Massachusetts Rehabilitation Commission program, certain children, and some caregivers of persons with disabilities. Monthly grant amounts for EAEDC have not had a cost of living adjustment (COLA) since 1988. Thus, the Massachusetts Coalition for the Homeless has begun The Campaign to Strengthen EAEDC Assistance. Please help us to help the thousands of older adults and others in need across the Commonwealth! If you or anyone you know may be able to support our campaign with details of how your organization helps individuals on EAEDC or if you would like to know more about the Campaign to Strengthen Assistance, please contact Samantha Alves at the Massachusetts Coalition for the Homeless at [781-575-7570x20](tel:781-575-7570) or samantha@mahomeless.org. I look forward to advocating for a stronger EAEDC with you!

IN LOVING MEMORY

Thank you for your donation ~Sophie Karampoulis
In loving memory of my beloved wife, Dr. Thelma L. Berger

~Dr. Harvey Berger

In memory of Rose Manzella ~Christine Boverini

In memory of Rose Manzella ~Elizabeth Condon

In memory of Rose Manzella ~Evelyn and Richard Cyr

In loving memory of Rose Colella ~Colella Family

In loving memory of Jacqueline Stelzl

~Pamela Worth

In loving memory of Roseann Manzella

~Ann Travers

In loving memory of Mrs. Elizabeth Bowe Howell

~Robert Bowe

In loving memory of Rose Manzella ~Robert Bowe

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Send card to: _____

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WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLASS CLINIC

November 5th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

November 12th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

November 26th
9:00 am—11:00 am

PODIATRIST

November 21st & December 12th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
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(781) 599-0110

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